

EPIC EGGS ON TOAST WITH A TWIST

LOADED EGG-IN-A-HOLE TOASTIES

Makes 2 toasties

Hands-on time: 10 minutes

Hands-off time: 20 minutes

INGREDIENTS

4 slices SASKO Low GI Whole Wheat Brown Bread

2 tbsp butter, softened

4 slices streaky bacon, fried

1 cup grated cheddar cheese

2 medium eggs

¼ tsp each salt and pepper, to season

Serving suggestion:

Avocado, sliced

Fresh chives, chopped

METHOD

1. Preheat the oven to 160°C and line a baking tray with baking paper.
2. Use a round cookie cutter or the bottom of a glass to cut out the centre of 2 of the slices of SASKO Low GI Whole Wheat Brown Bread. **Chef's Tip: Place the bread cut-outs into a reusable bag and freeze for croutons.*
3. Place the cut and uncut bread slices onto the tray and spread generously with butter.
4. Lay 2 slices of bacon onto each of the uncut slices of bread and generously sprinkle cheese over each. Create a hollow in the centre of the cheese using the back of a spoon. **Chef's Tip: Replace the bacon for tomato slices for a vegetarian version!*
5. Place the cut slices of bread over the cheese, buttered side down. Carefully crack an egg into the hole of each slice so that it sits in the hollow in the cheese. Season each egg with salt and pepper.
6. Bake for 10-15 minutes or until the bread is golden brown, the eggs are cooked to your liking, and the cheese is melted.
7. Serve the toasties immediately with fresh slices of avocado, a sprinkling of chives and ENJOY!

CHEESY SPINACH MUFFIN TOASTIES

Makes 12

Hands-on time: 20 minutes

Hands-off time: 20 minutes

INGREDIENTS

7 slices SASKO Low GI Seeded Whole Wheat Brown Bread

1 ½ cups baby spinach

1 ½ cups grated cheddar cheese

½ cup milk

½ tsp each salt and pepper, to season

12 medium eggs

Serving suggestion:

Spring onion, chopped

Orange juice

METHOD

1. Preheat the oven to 175°C and line a 12-hole muffin tray with muffin liners.
2. Cut the slices of SASKO Low GI Seeded Whole Wheat Brown Bread into 2x2cm cubes.
3. In a large bowl, add the bread cubes, spinach, grated cheese, milk and salt and pepper and mix to combine.
4. Equally divide the mixture into the greased muffin holes, filling ¾ full.
5. Create a hollow in the centre of each bread cup and carefully crack an egg onto each.
6. Bake for 15-20 minutes or until the eggs are cooked to your liking.
7. Serve the muffin toasties unwrapped from the muffin liner with a sprinkling of spring onion. Serve with orange juice on the side and ENJOY!